

COMPLIANCE NEWSLETTER

SPRING 2014



DRUG TESTING

There are three types of drug tests that student-athletes may be subject to throughout the year:

- NCAA
- Big Ten
- University of Iowa

As a reminder, you should disclose any prescription medications you may be taking to your athletic trainer at the beginning of every academic year. Some medications/ingredients can trigger a positive test result. Also, make sure to clear all nutritional supplements with your strength coach or trainer to make sure they do not contain any ingredients that would result in a positive test.

**WIN. GRADUATE.
DO IT RIGHT.**



OFFICIAL & UNOFFICIAL VISITS

This semester, many teams will have recruits on campus for official and unofficial visits.

As a reminder, when a recruit is on an unofficial visit, recruiting activities must remain on campus. Also, during an unofficial visit, the recruit is responsible for all expenses, including meals.

During an official visit, all entertainment must take place in the Iowa City/Coralville area. Recruits and hosts may



be provided \$40 per day for entertainment expenses. It is the host's responsibility to handle the money. At no time may cash be given to a recruit.

As always, underage drinking is ille-

gal and not allowed. It is the host's responsibility to make sure no underage drinking occurs. Additionally, if a recruit is under 21 years old, he or she may not be in a bar after 10:00 p.m.

Finally, recruits may not have any contact with "boosters". This includes anyone that makes donations, is an alumni athlete or has been involved in supporting UI Athletics. It is important that hosts make sure that contact with boosters does not take place while entertaining recruits during a visit.

SOCIAL NETWORKING & RECRUITS

Be careful what you post on Facebook, Twitter, and Instagram!

You should not share specific information about a recruit or his or her visit to campus online. You may continue communication with recruits through social networking after they come for a visit, but **ONLY** if you are choosing to do so on your own. Your coach may not require you to continue communications with a recruit.



Financial Aid FAQ



I have a full scholarship, should I still apply for financial aid?

Yes—All student-athletes are encouraged to apply for aid. Even if you have a full scholarship, it does not cover personal expenses and transportation estimates that go into calculating financial aid awards.

When should I apply for financial aid?

Now is the time to apply for financial aid for the 2014-15 year! Financial aid is awarded on a first-come-first-served basis and grants and scholarships are limited.

How do I apply for financial aid?

You should complete the FAFSA online at www.fafsa.ed.gov as soon as possible, using tax estimates if necessary. Approximately two weeks after filing the FAFSA, you will receive an email directing you to ISIS to download the Iowa Verification Form. Return this to Student Financial Aid along with a signed and dated copy of the 2013 income tax return for parent or student.

Who should I contact if I have questions about financial aid?

Contact the financial aid office at financial-aid@uiowa.edu or 319-335-1450 or go to www.uiowa.edu/financial-aid/apply for more information.

Follow us on Twitter!

@UICompliance



Ask before you act!
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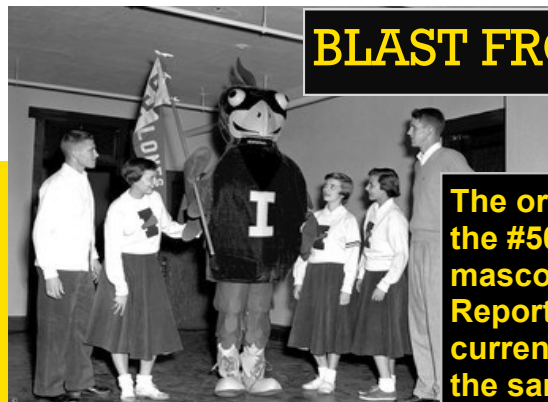
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BLAST FROM THE PAST



The original Herky was voted the #50 most ridiculous mascot in sports by Bleacher Report in 2012. The real kicker: current Herky was voted #49 in the same poll. Go Hawks!

ACS: What is it?

ACS is an online tool designed for student-athletes, coaches and athletic department staff. It allows the compliance office to send updates to all student-athletes via email (like this newsletter!) or text message. By next fall, you will be able to use ACS to complete all NCAA certification paperwork online. Better yet, you will also be able to complete and submit CARA reports through ACS...right on your smartphone!